

Abstract

The purpose of this study was to determine whether there were differences in the prevalence of risk factors for low back pain between two groups of nurses. The first group consisted of nurses who had been employed by the same hospital for at least 10 years and the second group consisted of nurses who had been employed by the same hospital for less than 10 years. The results showed that the prevalence of risk factors for low back pain was significantly higher in the first group than in the second group. The results also showed that the prevalence of risk factors for low back pain was significantly higher in the first group than in the second group.

Keywords: low back pain, risk factors, nurses, prevalence

Introduction

Low back pain is a common problem among nurses. It is estimated that approximately 80% of nurses experience low back pain at some point in their career. Low back pain can be caused by a variety of factors, including poor posture, repetitive lifting and bending, and prolonged standing. Low back pain can have a significant impact on a nurse's ability to work and can lead to absenteeism and disability. Therefore, it is important to identify the risk factors for low back pain in nurses and to develop strategies to prevent or reduce the risk of low back pain.

This study was designed to determine whether there were differences in the prevalence of risk factors for low back pain between two groups of nurses. The first group consisted of nurses who had been employed by the same hospital for at least 10 years and the second group consisted of nurses who had been employed by the same hospital for less than 10 years. The results of this study may help to identify the risk factors for low back pain in nurses and to develop strategies to prevent or reduce the risk of low back pain.

Methods

The study was conducted in a large teaching hospital. A total of 100 nurses were recruited from the hospital's employee directory. Fifty nurses were selected from the first group (employed for at least 10 years) and fifty nurses were selected from the second group (employed for less than 10 years). All participants gave their informed consent before participating in the study.

Data were collected through a series of questionnaires and interviews. The questionnaires assessed the following variables: age, gender, height, weight, body mass index (BMI), duration of employment, frequency of lifting and bending, frequency of prolonged standing, frequency of walking, frequency of carrying heavy loads, frequency of exposure to noise, frequency of exposure to vibration, frequency of exposure to extreme temperatures, frequency of exposure to hazardous materials, frequency of exposure to radiation, frequency of exposure to chemicals, frequency of exposure to biological agents, frequency of exposure to physical agents, frequency of exposure to psychological stressors, frequency of exposure to social stressors, frequency of exposure to organizational stressors, frequency of exposure to environmental stressors, frequency of exposure to occupational stressors, frequency of exposure to community stressors, frequency of exposure to family stressors, frequency of exposure to personal stressors, frequency of exposure to health stressors, 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